More about the Use of Tobacco.

See page 69.

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HEALTH

A WEEKLY JOURNAL OF

DOMESTIC AND SANITARY SCIENCE.

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EDITED BY DR. ANDREW WILSON, F.R.S.E. &C.

VOL. XIII.—No. 317. FRIDAY, MAY 3, 1889. [PRICE TWOPENCE.

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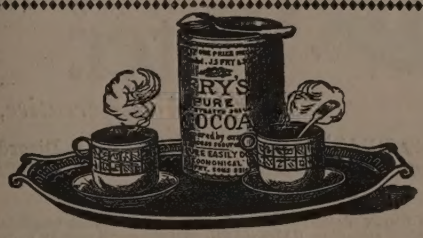

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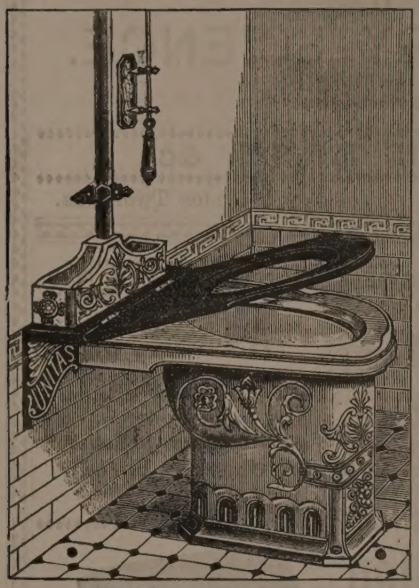

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◆ HEALTH ◆

EDITED BY

DR. ANDREW WILSON, F.R.S.E., &c.

LONDON: *FRIDAY, MAY* 3, 1889.

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Notes by the Way

BY THE EDITOR.

"Health is the foundation of all our physical happiness."—*Herder.*

As regards the quantity of nitrogenous food necessary to maintain health, Dr. Hirschfeld has published a research which casts some doubt upon received opinions upon the quantity of nitrogen necessary to take in the form of food to maintain health. He has proved the possibility of a healthy man, in the one case for fifteen days, in the other for ten days, to maintain a nitrogenous balance and equal body weight on from 5 to 8 grams. of nitrogen daily. This corresponds to 30·35 grams. of proteid. A gramme is about sixteen grains English.

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SIR EDWIN CHADWICK, in writing regarding the effect of trees on health, says: "In the year 1825, when I first began to pay attention to sanitation, I frequently visited Dr. Park, of Gravesend, the brother of the celebrated traveller, Mungo Park. On the way down the Thames, on the Essex side, I observed suburban residences built close under the chalk and overgrown with trees. Dr. Park informed me that there was ague in every one of those villas. He attributed it to the trees, which were afterwards cut down, when the ague disappeared. From carelessness, the trees were allowed to grow again, when the ague reappeared. I have been unable to watch their subsequent condition, but seeing the mists in closely-treed places and surrounding mansions and villas, seeing also the mossy footpaths near them, I have been led to believe that over-treeing is very common. I communicated with Loudon, the eminent horticulturist, on the subject, and he agreed in the general practice of over-treeing. Even now about a third of the trees near suburban mansions and in our parks may, I believe, be advantageously cut down.

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WITH Loudon, I came to the conclusion that, as a general rule, the shadow of one tree ought not to fall upon another. On the other hand, in France, in the West Indies, and the United States, great injury has been done by cutting down trees excessively for the sake of the timber, by which moisture has been reduced, and the supply of water injuriously diminished. This is so far the case in the East Indies, and the results have proved to be so injurious, that legislative measures have necessarily been adopted for replantation, and a State department has been created for the preservation of existing timber. Fences of trees are found necessary as screens against severe winds. Altogether, the subject of treeing is a very important one for observation and study, for the avoidance of excess or deficiency. In connection with this subject a paper entitled 'Insanitary Conditions in Country Homes,' by Dr. Lucy Hall, presents an example from the United States of the excess of treeing, and deserves perusal."

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THE following anatomical and physiological memoranda will be of interest to our readers, and serve a useful purpose as a matter of reference:—In each respiration an adult inhales one pint of air. Man respires sixteen to twenty times a minute, or twenty thousand times a day; a child, twenty-five to thirty-five times a minute. While standing, the adult respiration is twenty-two; while lying, thirteen. The superficial surface of the lungs—*i.e.*, of their alveolar spaces—is two hundred square yards. The amount of air inspired in twenty-four hours is ten thousand litres (about ten thousand quarts). The amount of oxygen absorbed in twenty-four hours is five hundred litres (744 grams.), and the amount of carbonic acid gas (CO_2) expired in the same time, four hundred litres (911·5 grams.).

✣ ✣ ✣

TWO-THIRDS of the oxygen absorbed in twenty-four hours is absorbed during the night-hours from six p.m. to

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six a.m. Three-fifths of the total CO_2 is thrown off in the daytime. The pulmonary surface gives off one hundred and fifty grams. of water daily in the state of vapour. An adult must have at least three hundred and sixty litres of air an hour. The heart sends through the lungs eight hundred litres of blood hourly, and twenty thousand litres, or five thousand gallons, daily. The duration of inspiration is five-twelfths, of expiration seven-twelfths of the whole respiratory act. During sleep, inspiration occupies ten-twelfths of the respiratory period.

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Dr. Terc gives a novel method of curing rheumatism. He observed that, when rheumatic persons were stung by bees, the swelling which usually follows such stings was very slow in appearing, and if the persons were stung repeatedly, it did not appear at all, the result of such continued stinging being to cure the rheumatism, which showed no tendency to recur. He followed out this idea in the cases of 173 persons, 39,000 stings being required. Both acute and chronic cases were cured by this treatment.

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An extraordinary fallacy, says a writer, is the dread of night air. What air can we breathe at night but night air? The choice is between pure night air from without and foul air from within. Most people prefer the latter —an unaccountable choice. What will they say if it is proved to be true that fully one-half of all the diseases we suffer from are occasioned by people sleeping with their windows shut? An open window most nights in the year can never hurt any one. In great cities night air is often the best and purest to be had in twenty-four hours. One could better understand shutting the windows in town during the day than during the night, for the sake of the sick. The absence of smoke, the quiet, all tend to make night the best time for airing the patient. One of our highest medical authorities on consumption and climate has told me that the air of London is never as good as after 10 o'clock at night. Always air your room, then, from the outside air, if possible. Windows are made to open, doors are made to shut—a truth which seems extremely difficult of apprehension. Every room must be aired from without, every passage from within.

✿ ✿ ✿

The increasing prevalence among cattle and other animals of diseases communicable to human beings is awakening much interest among medical and sanitary authorities, regarding the possible adoption of measures for stamping out the prevailing maladies, and preventing the consumption of diseased meat, which is now undoubtedly extremely large. An English health officer stated, sometime since, that the stomachs of Englishmen were the catacombs in which were buried the carcases of 20,000 diseased animals. Tuberculosis, anthrax, and other diseases communicable through the use of diseased flesh, are increasingly prevalent, and the time is not far distant, if it has not already arrived, when the use of the flesh of any animal which is not carefully inspected during life, and thus determined to be in a state of health, will be absolutely dangerous.

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The hygroscopic quality of table salt, and its tendency to pack together in cruets and containers, may be entirely overcome by thoroughly drying the salt and intimately mingling with it a small percentage of dry corn starch or arrowroot. From 8 to 10 per cent. is amply sufficient for the most humid atmosphere (as on the sea coast), while a much less percentage of the starch is sufficient for inland points.

Original Essays

"Life is not to live, but to be well."—*Martial.*

THE LAW OF HEALTH AS IT AFFECTS OUR FOOD.

By J. Ridley Shield.

FIRST PAPER.

It is of the first importance that the food which a man eats and the liquid he drinks should be good and pure, and from the lowest point of view a purchaser should be entitled to have that for which he thinks he pays. The buyer is never so entirely in the hands of the seller as when the articles of commerce consist of food. By food, of course, both meat and drink are intended. Good, wholesome food has more effect upon the health of men and women than any other condition of their lives; because without it a healthy state is an impossibility, and the fact of individuals being healthy or unhealthy determines the *physique*, as well as the *morale*, of a whole community. Without doubt, then, it is essential that the laws of a country should amply protect its public against the wrong-doings of those whose business it is to deal in articles of food. Being the necessity of life, the opportunities for adulterating food are manifold, and the fact of the increasing demand militates to a grave extent against the consumer.

It is curious to note how careless and unobservant the ordinary man and woman are about the food they buy and eat. It is no exaggeration to say that not one person in a thousand would give himself the trouble to ascertain whether the flour or whisky which he bought was mixed in the one case with alum or in the other was weakened by water. He would eat the first and drink the second without a qualm.

The public is very gullible, and though the quality and purity of our food have largely improved of recent years throughout the country, it requires all the rigour of the law and the full vigilance of its officers to keep pace with the innumerable methods by which adulteration robs the consumer, whilst it enriches the wholesale dealer or the shopkeeper.

The principal Act of Parliament by which the public are protected as to their food is called the Food and Drugs Act, 38 and 39 Vic., and its amending Act, 42 and 43 Vic., c. 30, and this Act applies to every article used for food or drink by man. To sum up the provisions of this Act as shortly and intelligibly as possible is our best course.

The offences under the quoted Acts are as follows: If any person shall mix, colour, stain, or powder any article of food with any ingredient, so as to render the article injurious to health, intending that the same may be sold in that state, the penalty is £50 for the first offence, and every offence after conviction for a first offence shall be a misdemeanour. This applies equally to a person sanctioning any of the acts mentioned, or selling any article so mixed. In almost similar words, and at the risk of the same penalty, the adulteration of drugs is prohibited.

Again, no person shall sell to the prejudice of the purchaser any article of food or any drug which is not of the nature, substance, and quality of the article demanded by such purchaser, under a penalty of £20.

No person shall sell any compound article of food or compounded drug which is not composed of ingre-

dients in accordance with the demands of the purchaser, under a penalty not exceeding £20.

No person shall, for purposes of sale, without notice, abstract from an article of food any part of it, so as to affect injuriously its quality, substance, or nature; and no person shall sell any article so altered unless he discloses the alteration, under a penalty not exceeding £20.

It is the duty of the Commissioners of Sewers in the City of London, and in all other parts of the Metropolis, the Vestries and District Boards, and of the Court of Quarter Sessions of every County, and the Town Council of every Borough with a Quarter Sessions, to appoint for their respective city districts, counties, or boroughs one or more competent persons as analysts of all articles of food and drugs sold.

Any purchaser of an article of food or of a drug where there is an analyst appointed under this Act is entitled, on payment of the analyst's fee,—fixed by the Act at a sum not exceeding 10s. 6d.,—to have such article analysed by such analyst, and to receive from him a certificate of the result of such analysis.

The purchaser intending to submit his purchase to analysis must so inform the seller after the purchase has been completed, and it is his duty to offer to divide the article into three parts, to be then and there separated, and each part is to be marked, and sealed, and fastened up in such manner as its nature will permit; and, if required to do so, he must hand one of such parts to the seller. He must retain one part himself, and submit the third to analysis.

Every person exposing food or drugs for sale is bound, under a penalty not exceeding £10, to sell to a constable, officer, or inspector of nuisances, any article exposed for sale if the price for a reasonable quantity thereof is tendered.

The intention of this provision is to meet the case of a shopkeeper declining to sell his wares to any chance customer. He need not sell unless he likes. One of the public at large cannot insist on buying anything out of a shop, only one of the above officers can enforce a purchase.

Any medical officer of health, inspector of nuisances, or inspector of weights and measures, or any inspector of a market, or any police constable, at the cost and under the direction of the local authority appointing such officer, may procure any sample of food or drugs, and may procure at the place of delivery any sample of milk in course of delivery, or consigned to a purchaser under a contract, and if he has reason to suspect the Act is contravened, he shall submit the sample he has obtained for analysis to the analyst of the district, and the analyst shall in due course give a certificate to such officer, setting out the result of such analysis.

When an analyst has certified by his certificate that an offence against some one of the provisions of the Act has been committed, the person causing the analysis to be made, and he alone, can take proceedings for the recovery of the proper penalty. An information is then laid, upon which a summons is granted against the person alleged to have broken the Act; and at the hearing the production of the analyst's certificate is to be taken as sufficient evidence of the facts therein stated. The machinery of these Acts is very simple and easy, and it is within the scope of any person to protect himself against fraud by taking a small amount of trouble.

There is one thing which must be borne in mind, and it is this: that a defendant is entitled to be discharged if he proves that he bought the article in respect of which he is summoned in the same state as he sold it with a warranty.

There are many other Acts now dealing with the food-supply, and efforts have been made to make it more and more impossible to sell impure or unsound food to the public.

It may be wise to point out that under the Public Health Act, 1875, 38 and 39 Vic., chap. 55, there are very ample provisions governing the sale of diseased, unsound, or unwholesome food intended for the use of man; and any person exposing or offering the same for sale when unfit for human food is liable to heavy penalties, or, at the option of the Justices before whom any case is heard, imprisonment for a term not exceeding three months.

The same Act also deals with the supply of pure and wholesome water.

There are other Acts dealing with dairies, and providing for the purity of our milk-supply; and, again, under the Food and Drugs Act, all tea imported as merchandise into, and landed at any port in, Great Britain or Ireland shall be subject to examination by persons to be appointed by the Commissioners of Customs.

However briefly and imperfectly we may have reviewed these Acts which, from the extent of ground they cover, makes it extremely difficult to give anything like an accurate synopsis of them, we have endeavoured to put before our readers this fact, that where fraud or attempted fraud is discovered in connection with any article of food, there is an ample remedy at hand; and that the method of obtaining such remedy is both simple and effective.

OPERATION ON A LION.—The fine lion Jupiter, at the Clifton Zoological Gardens, Bristol, which is nearly eleven years old, having been cubbed in the gardens in the year 1878, was noticed lately to have a claw on the left fore-paw growing into the flesh of its foot, which was gradually laming the animal. The lion was evidently in pain, and it was deemed advisable to remove the claw. The novel operation was performed recently, when a close travelling cage was introduced into the den, and placed against one of the sliding traps in the partition. The animal having been induced to enter the cage, it was removed to the floor of the building, and another cage, but of different construction, composed solely of iron bars, placed endways to the door of the first cage, and the two firmly lashed together. After some little trouble the animal was got into the second cage, which was so narrow as not to admit of his turning round. Heavy inch-and-a-half planks were then inserted between the bars, and the lion tightly wedged in. Up to this point he had submitted quietly, but on the introduction of the planks he splintered them up as easily as though they had been matchwood. At last he was firmly wedged in, and a little time was given him to cool down. A favourable opportunity for the operation occurred in a few minutes, his paw being partly through the bars. The head keeper, Blunsden, who was waiting with a pair of powerful nippers, seized the opportunity, and the offending claw was promptly removed. The operation, which was conducted by Dr. Harrison, treasurer of the gardens, was absolutely necessary, as the claw had already grown more than half an inch into the foot, and would probably have killed the animal.

CHEMICAL ANALYSIS.—DR. DRINKWATER, Lecturer on Chemistry in the Edinburgh Medical School, undertakes the Analysis of Water, Foods, Wall-Papers, and of all other products and articles connected with Household Health and Commercial Interests. Terms on application to Dr. Drinkwater, Chemical Laboratory, 41, Chambers-street, Edinburgh.

Personal Health

"Be timely wise;
With health all taste of pleasure flies."—*Gay.*

PAIN IN THE STOMACH.

Pain is a warning that something is wrong, and often an indication for absolute rest. It has been said that "pain is the prayer of a nerve for healthy blood." Sometimes it is a sure sign of where the trouble lies, sometimes it is misleading; nor is this symptom necessarily an indication of the severity of disease. There may be severe pericarditis, and yet no pain. There may be destructive processes going on in the structures of the liver or kidneys, but without pain. "Generally speaking, we find that the mucous membranes (as in the lungs, stomach, intestine, kidneys, &c.) except when they approach the outlets of their respective canals, are free from ordinary sensibility, and may undergo very marked changes in their condition without painful manifestation" (Habershon). On the other hand, the painful nature of pleurisy and peritonitis are well known, for pain is the usual accompaniment of an inflammation of a serous membrane, while it does not seem to be the rule with mucous membranes.

There may be the gravest disease of the mucous membrane of the stomach without pain. People have been known to take the most irritant and corrosive poisons, and still not suffer pain; and victims of cancer of the stomach have exceptionally succumbed without a particle of pain. Of course, there are a host of functional diseases unaccompanied by pain, and if this were not the case, the dietary follies committed daily might involve no small part of the human family in ever-recurring pain.

Pain always means something, but is often a riddle which the wise men cannot decipher. The following is a good practical point, which we find in Dr. Habershon's admirable little book on *Diseases of the Stomach*:—"As to the time and persistence of pain, we may remark that *when arising from disease of the stomach*, it is generally aggravated by food. It often extends through to the back, but is less persistent in its character than when it arises from other causes."

Disease at the outlet of the stomach is apt to cause pain, and that a couple of hours after meals. At this time the food is being forced through the orifice into the intestine.

An ulcer of the stomach usually causes pain, and when food is taken the pain begins; but as soon as it is disgorged, the pain abates. Occasionally the vomit contains blood. If the patient be easiest on the left side, the ulcer is no doubt on the stomach's posterior wall.

When the outcoats—muscular or serous—of this organ are diseased, pain is usual, and severe pain too. Their keen sensibility is exhibited by the pain occasioned by excessive distension of the stomach, and also when an ulcer or cancer implicates them.

While pain is not always present in certain functional disturbances of the stomach, in those conditions wherein the nervous system is primarily at fault, as in exhaustion, mental anxiety, internal perturbations, there is often as severe pain as ever occurs in affections of the stomach. Those who have been "sunstruck," young ladies, and feeble persons are liable to suffer in this way. They will find speedy relief from nux vomica. A most effective and agreeable mode of administering this bitter drug is Bishop's Granular Effervescent Extract of Nux Vomica. Two Pepsin Tabloids should also be taken after each meal.

We have referred to a common, chronic, and very dangerous affection—*ulceration* of the stomach. The accompaniment of ulcer is pain, with or without vomiting. Here the presence of food aggravates matters in every case, irritating and inflaming the diseased surface. In gastric ulcer, resort to peptonized foods should always be had. The number of cases of ulcer of the stomach that has been cured by freshly peptonizing the food with Zymine is certainly very large. Peptonization with this ferment is a simple process, which may be performed by any one, and affords the weakened stomach rest and a chance to repair. To afford the stomach physiological rest, and as much freedom from motion as possible, is to maintain the conditions essential to repair. To maintain the nutrition of the body with very slight call on the stomach, holds out the most certain promise of cure in gastric ulcer, and should under no circumstances be overlooked.

ON DRIVING IN SKIN DISEASES.

The office of the skin is a most important one, and when for any reason the skin is completely inactive, eruptions upon it are likely, for the time being, to disappear. Aside from perspiration and the secreting of an oily substance, the skin performs other functions, prominent among which is its power of breathing. Life itself is a slow fire that is kept up by the food which serves as fuel. If the breathing cease, life is no longer possible. A very good example of the activity of the skin is seen when the lungs of a frog have been destroyed; in this case the frog will live for several days, for the gases are absorbed and given out by the frog's skin.

In animals without backbones, the skin is equally active, whether the animal possesses breathing organs or not. If the body be placed in an air-tight chamber, fitting tightly round the neck, it is found that after a while all the oxygen in the chamber has been used up and carbonic acid has taken its place. This is precisely what would have occurred had the head instead of the body been put in the chamber. "A striking illustration used to be quoted," says Malcolm Morris, "as evidencing the importance of this function: that of a little child who, being selected to represent an angel at the coronation ceremony of Pope Leo X., was coated with gum and then covered with gold leaf, and who survived the operation but a few hours. . . . Animals varnished or coated with paint die very speedily." We thus see that the uses of the skin are vital and indispensable.

Now, it is a popular notion that to quickly cure a skin disease incurs a certain risk. In scarlet fever, measles, &c., if the child catch cold, the rash is apt to disappear, and with the reappearance of the rash the child is better. It does not necessarily follow, though, that the rash produced the cold, and the return of the rash produced the improvement. The following, from Dr. Liveing's little book on skin diseases, is as sensible as it is to the point:—"It often happens that an infant or an elderly person in apparently good health, but suffering from eczema, has a sudden attack of bronchitis, diarrhœa, or some other internal inflammation; coincidently with this attack all the eczema disappears, but as soon as the bronchitis or diarrhœa has passed away, the eczema reappears. What can be more natural on the part of the public than to suppose that the doctor has driven in the eczema and produced the internal mischief?

The fact, of course, is that the internal disturbance really precedes the disappearance of the eczema; but the one follows so closely on the other, that an erroneous conclusion is easily formed."

On this subject Hebra, speaking of the supposed danger of producing a rapid cure in diseases of the skin, says (vol. ii. p. 140): "Now I am unfortunately obliged to confess my ignorance of any remedy that can produce such a sudden and rapid cure; indeed, I can only repeat what I said in the year 1846: that 'it has been my most ardent wish, the stimulus of all my studies, to cure chronic cutaneous diseases as quickly as possible; and yet to my most sincere sorrow, I have never succeeded, in spite of the use of all possible means, internal and external, in curing such a disease suddenly or even quickly;' and while my experience since has only confirmed this, it is particularly true in the case of eczema."

The number of people suffering from eczema, eruptions upon the face, skin irritation, and other diseases upon the surface of the body is very large. Already attention has been called in the medical press to a new remedy for skin affections, known as "Vinolia." It is a bland, soothing cream, which protects the skin, relieves itching, and is as safe as it is efficacious. It may be used indefinitely, and is perfectly suited for those with perfect skins, but who would preserve them from the noisome effects of town atmosphere, and keep them healthy.

MORE ABOUT THE USE OF TOBACCO.

IN a communication to the *New York Medical Record* Dr. F. H. Bosworth discusses the effect of the use of tobacco on the health. He says that the Anglo-Saxon races have been smoking and chewing now for nearly 400 years. They contracted the habit from a race which, as far as history and tradition teach us, were remarkable for their vigour of body and mind as well, and, as far as we know, were an unusually long-lived people. In the time that we have been using the weed there is no evidence to show that the race has in any way deteriorated, but, on the contrary, it is abundantly shown that the average duration of life has increased nearly fifty per cent. There is no evidence to show that in this time the race has been more subject to disease, but rather that they are less so. There is no evidence to show that the race has lost anything in its intellectual activity; but, on the contrary, it has been a time of most marvellous fecundity in all that is great in literature.

He gives the following analysis of tobacco, that of Passelt and Reinmann, which is accepted as correct by authorities:—

ANALYSIS OF THE LEAF.

Nicotine	0·060
Volatile oil	0·010
Bitter extractive matter	2·870
Gum and malate of lime	1·740
Chlorophyl	0·267
Albumen and gluten	1·308
Malic acid	0·510
Salts of pot., ammonia, &c.	0·734
Silica	0·088
Water	88·280
	100·000

Leaving out of this analysis the volatile oil, extractive matter, albumen, gluten, and chlorophyl, and negative and inert matter, and we have left a substance containing 1 part of nicotine, 4 parts of salts of lime, ammonia, &c., with 88 parts of water in 100. The percentage of nicotine in various kinds of tobacco varies; Havanna tobacco containing but two per cent. of this poisonous element, while Virginia tobacco contains about seven per cent., acccording to some analyses. The moral of this is that we should always smoke the choicest brands of Havanna cigars. In smoking, the ammonia salt may become the source of considerable discomfort in the burning and smarting tongue which results from excessive and continuous practice of the habit; of course, in chewing, this action is not noticeable. We thus are reduced to the action of nicotine for the possible deleterious influence of the plant. This element, as before stated, is present in varying proportions in the tobacco leaf; according to some writers, from one to seven per cent. It is a clear and colourless fluid, highly volatile, and of an extremely pungent, disagreeable odour, and strong, burning taste. It is rapidly absorbed into the fluids of the body, and is one of the most deadly poisons known. It is rendered volatile by burning the leaf, and is present in the smoke of the tobacco. It is generally accepted that the volatilized nicotine in the tobacco-smoke is more actively absorbed than is the case when the leaf is chewed; but in either case the nicotine absorption is the essential element in the production of all the evils which can be charged to the habit. Nicotine acts on the heart, nervous system, stomach, and upper air-passages. The prominent symptoms which may be caused by nicotine, with reference to the heart, are intermission and palpitation; that is, it produces certain functional disturbances of the heart, which, for the time, may be the source of more or less discomfort to the patient; but the important point is, does this condition ever lead to one of organic injury?

Dr. Bosworth thinks that the action of nicotine on the nervous system may be summed up by the statement that it produces disturbance of brain, giddiness, muscular tremors with exhaustion, sleeplessness, and depression of spirits. He does not advocate the use of tobacco, but asks, "Are we not often liable to fall into a mistake in universally condemning its use without sufficient grounds, and is it not better when our advice, as physicians, is asked in this respect, to base our answers entirely on the evidences of the effect of the drug upon each individual patient, and, furthermore, to recognize the fact that this effect is shown by well-marked and easily-recognized subjective symptoms? I have frequently, when asked this question, 'Does smoking hurt me?' frankly said to my patients, 'You know better than I do; no man uses tobacco to his harm without being fully conscious of it.' As regards its effect on the diseases of the upper air-passages, in a practice of twenty years largely devoted to treatment of these affections, I recall but exceedingly few cases wherein I have found it necessary to interdict the use of tobacco as injuriously affecting in any way these passages, or as interfering with the success of treatment."

The object of this paper is not a plea for the use of tobacco, but simply to suggest whether we had not best abandon the idea that it is a drug whose use is pernicious in every way to body, mind, and morals, and rather to take the view that it is one of God's good gifts to man—a "virtuous herb, divine, rare, superexcellent tobacco" when properly used, but when taken "as tinkers do ale, 'tis hellish, devilish, and damned tobacco."

HIS PROSPECTS.—"What are your prospects in life?" her father sternly asked. "Well," said the young man modestly, "I have invented a new cough medicine, which is all ready now to be brought before the public." The engagement was announced next day.

The Family Circle

"The child is father of the man."—*Wordsworth.*
"In bringing up a child, think of its old age."—*Joubert.*

SLEEPLESSNESS IN INFANCY.

By M. Allen Starr, M.D.,

Professor of Diseases of the Mind and Nervous System, College of Physicians and Surgeons, New York.

(Concluded.)

1. The importance of quiet and darkness has already been mentioned. But there are many sensations coming into the brain which cause discomfort, arouse attention, and keep the baby awake. Heat and dampness are among the most frequent and least noticed. The cries of wakeful babies in the tenements of the city on a sultry night testify to this. Nothing will quiet a restless child more quickly than a tepid bath, light bedclothing, a well-ventilated room, and fanning. The tepid bath allays irritation, or itching of the body, and, being considerably warmer than the air, the baby feels cool when taken out. The bedclothing should never be so thick as to heat the body; a double light blanket without a quilt or counterpane is far better than heavier coverings, and its weight should be varied according to the weather. And, if the temperature of the room is about sixty-eight degrees F. at night, the baby will go to sleep more easily, and rest far better, than if the thermometer is seventy-six degrees. A cold room is just as irritating to the skin as a hot one, and just as likely to keep the baby awake. Some babies probably suffer a good deal from itching of the skin when it is exposed to the air or bathed, and this causes crying and restlessness. If a baby invariably cries after it is undressed or bathed, its body should be looked at carefully to see whether gooseflesh appears easily. If so, a little cold cream or vaseline rubbed in gently and followed by powder will relieve the itching and quiet the child. Gentle rubbing of the limbs and body alone may act somewhat like the bath, and may be tried if that has failed. It acts like massage, which always makes one drowsy. In case of pain from indigestion or wind, which is very likely to be felt just as the baby is getting to sleep (for then the intestines contract more forcibly), and which may arouse him, a wet compress to the abdomen may be applied, either hot or cool, and covered with a strip of oiled silk. Such a compress is often efficacious in promoting sleep in adults when there is no abdominal pain, and it may do the same in children.

2. The internal or mental causes of sleeplessness are no less important. Sleep is due to the exhaustion of the brain, which cannot go on giving energy without getting a new supply. That supply it obtains in sleep, during which new energy is stored up. The amount of blood in the brain during sleep is less than during wakefulness, as can be noticed by comparing the pulsation of the fontanelles of infants awake and asleep. This storing-up of energy and quieter flow of blood go on together. But the energy is stored up out of materials brought to the brain by the blood. So the blood must be in a perfect state if sleep is to result in refreshment. Any disturbance, then, with the state of the blood, or with its slow and quiet flow, or with the power of the nervous elements to absorb nutrition, my prevent sleep. These are the internal causes of insomnia.

As regards the domestic and medical treatment of sleeplessness, very often a too great flow of blood to the head keeps a child awake. This will follow naturally upon any great excitement, or a long fit of crying, or in a feverish condition, and may be shown by a feeling of heat in the head. Then cool cloths to the forehead, or the tepid bath, or a hot mustard foot-bath may be needed to draw the blood away. Perhaps the blood is not of the quality to nourish the brain, and so the nerve-centres become hungry and restless. This is often the case in scrofulous or bloodless, pale children, and then a better diet or a more nutritious diet, with iron, is needed constantly, and temporarily a night's sleep may be secured by a little food given just before bedtime, such as warm milk which has been partly digested by some one of the peptogenic powders. But in this condition attention by the doctor will be necessary, and he may have to order a sleeping medicine. Sleeplessness which is constant for two or three days is always a serious sign of illness in any child. It may be the earliest indication of brain fever, and should never be neglected by the family physician.

There are very few conditions in which drugs can be used to produce sleep in infants with safety. The majority of "soothing syrups" contain opium, which is injurious in so many ways that it should never be used without medical advice. Three grains of bromide of potash dissolved in syrup or in warm water, for a child below one year, and as much again for every year up to the fifth, will be as safe a remedy as can be employed in case of need. Another remedy often used is tincture of hyoscyamus, five drops to a baby under one year, ten drops to children under four, fifteen drops to children under eight, but this is more dangerous than bromide. Never give chloral to a baby. No drug should be needed by a healthy child to produce sleep, and all other measures should be employed before a medicine is tried, and no medicine should be continuously employed except under the direct supervision of the doctor.

Night terrors constitute one form of disturbance of sleep which requires mention. Sometimes a child wakes up suddenly, sits up in bed, cries out with alarm, or screams with fright, and for a few minutes cannot be quieted. He appears to suffer from great terror, the eyes being wide open, the respiration panting, and perspiration rolling off from the face, which is unusually pale, occasionally flushed and red. He may not at first recognize his parents, or may cling to them in a convulsive manner. It may be some minutes before such an attack passes off, and he becomes quiet and goes to sleep. The attack is somewhat of the nature of a severe nightmare. But such attacks of night terror are only noticed in nervous children, and are usually evidence of indigestion or of excitement. They sometimes occur after a child has just begun to go to school, or after a day of unusual emotional strain. They may be of no special importance, and may pass off of themselves. They may, however, be serious early indications of a beginning nervous disease, such as St. Vitus' dance or even epilepsy.

If they occur only occasionally, and in connection with indigestion, they are easily remedied by taking care that the child does not eat indigestible things just before going to bed. If they are more frequent and are not due to this cause, they may be remedied by giving the child a tepid bath, or sponging his head and back with cool water at bedtime, or by giving him from five to ten grains of bromide at night. If, however, they become at all constant, occurring several times a week, or two or three times in one night, they are evidence of nervous irritability, which may be merely one indication of some local affection, or of serious disease such as epilepsy, or tubercular

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meningitis, or rickets. Sometimes they are the result of a condition of partial suffocation from catarrh of the nose, or from little growths in the nose, or from enlarged tonsils which obstruct the entrance of air when the child sleeps with the mouth closed. The same terror is seen in an attack of spasmodic croup. If night terrors are frequent they should not be disregarded, but should be spoken of to the doctor.—*Babyhood.*

Cremation in Scotland.—The burial scandals which excited so much indignation in Glasgow about eighteen months ago (fully noticed in these columns at the time) are bearing their natural fruit in a very marked impulse given to the subject of cremation in Scotland. They have led to the formation of a Scottish Burial Reform Society, which a good many medical men have joined, among them Professor P. A. Simpson, of Glasgow University. The Society has further started a limited liability company for the erection of a crematorium in Glasgow. It is hoped that a site will be obtained free of charge in the beautiful Northern Necropolis of Glasgow, where there is some ground practically useless for purposes of interment, but well suited for the erection of a crematorium. At a meeting held to promote this company the cremated remains of a disembowelled sheep were exhibited. The carcase weighed originally 53 lb. 4 oz., and had been placed for a short time in an ordinary gas retort at the Tradeston Gasworks; the ashes weighed 2 lb. 3 oz., but it was pointed out that in a crematorium the resulting ashes would be much less bulky. The cost of cremation will be from about 5*s.* to £1 or a little more.

Prevention of Consumption.—Dr. C. V. Chapin, of Providence, R.I., author of a prize essay on consumption, gives the following suggestions respecting the prevention of this disease:—1. Teach the people the true nature of tuberculosis—that no one ever has tubercular consumption unless the tubercle bacilli find their way into the lungs. 2. Teach them also that, even if it finds its way there, it will not grow unless the conditions are right. Teach fathers and mothers how to rear healthy boys and girls. Tell them what to eat and what to wear, and to exercise, and to breathe fresh air. This alone would exterminate phthisis. The contagion must be destroyed. Fortunately, in this disease there is no need of isolation; disinfection is enough. The consumptive patient gives off the poison only in the sputum, or perchance the other excreta, if the disease extends beyond the lungs. The virus is not given off from these while moist. We must therefore disinfect all sputum at once with mercuric bichloride. Cloths must be used instead of handkerchiefs, and then burned; or if the latter are used they should be often changed, and immediately put into a bichloride solution and boiled. Bed-linen should be treated in the same way. Frequent disinfection of the entire person, and fumigation of the apartment, would be safe additions to the preventive measures.

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Our Medicine Chest.

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[This page, under the heading of "Our Medicine Chest," will be devoted to the exposition of all that is new and interesting in the science of drugs, and will contain such hints and descriptions of medicines as may fairly be ranked within the legitimate knowledge of every intelligent person. As a guide to the use of simple drugs and medicaments, the articles published under this heading will, it is hoped, be found useful by all.]

✣ ✣ ✣

Over a year ago Dr. Gottstein, of Berlin, made the important discovery that, while all glycerine fats decompose easily, and when decomposed contain a great number of micro-organisms, lanolin alone does not decompose. He found that micro-organisms placed in lanolin die after a short time from want of nutrient material. Lanolin, therefore, represents a completely antiseptic and sterile substance, and, brought into contact with wounds, it prevents the intrusion of any germs. Professor Koch experimentally proved that even the most powerful antiseptics—such as carbolic and salicylic acids, naphthol, perchloride of mercury, &c. —entirely lose their disinfecting properties when mixed with glycerine fat or with vaseline. Lanolin follows nearly the same rule with the one exception, viz., lanolin with perchloride of mercury, which proves as efficacious as the aqueous solution of perchloride, and which nowadays is the antiseptic *par excellence.* His observations are all the more important as now the physician is enabled to prescribe an ointment which will successfully combat microbes. A much more general and extensive use of lanolin will naturally be the consequence.

✣ ✣ ✣

Dr. Shattuck's plan for deadening the nerves of teeth is to put some arsenious acid into an ounce vial and pour a little more creosote on it than will cover it. When you wish to use the paste, tip the bottle so that you can reach the arsenic, and apply directly to the pulp; or you may take a pellet of cotton and apply that way. The paste is ready for immediate use, and will stop the most violent toothache in about five minutes. The addition of other drugs he regards as a detriment to the paste; but we may add that it should be used with caution.

✣ ✣ ✣

Dr. L. Noel, of Noyers-Saint-Martin, has had considerable success with the following treatment of diphtheria, practised by him for the last four years. Starting with the belief that diphtheria is not a local but a constitutional disease, he sought a remedy which could be introduced into the system in quantities large enough, so to speak, to "crowd out," and not merely modify the action of the poison. The author thus selected borax from all other antiseptics, as bearing administration in large doses without danger to the patients. In epidemics of diphtheria, the author administered nothing but borax, with but three deaths out of sixty cases thus treated. The author claims that this agent produces a rapid and abundant salivation; and, in being eliminated by the salivary and muciparous glands of the throat, it softens and detaches the false membranes. The dose is from 8 to 15 grains in an infant below one year of age; of from 15 to 22 grains for two to five years; of 30 grains for five to ten years; and from 45 to 75 grains for adults, according to the

strength of the patient and the severity of the disease. No better results were obtained from 200 grains or over than were obtained from 60 to 75 grains. The doses are to be equally divided, and given hourly, except during sleep. In order not to disgust the patient, the correctives in which this salt is given must be frequently changed, as the administration of this medicament must be continued for some time after all symptoms of the disease have passed off, the author having administered it to two patients uninterruptedly for four and six weeks.

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Professor Paresi, of Athens, when he was in Abyssinia, happened to discover that ordinary cocoanut possesses vermifuge or worm-destroying qualities in a high degree. He took one day a quantity of the juice and pulp, and shortly afterward felt some amount of gastric disturbance, which, however, passed off in a few hours. Subsequently he had diarrhœa, and was surprised to find in the motion a complete tænia, head and all, quite dead. After returning to Athens, Professor Paresi made a number of observations which were most satisfactory, the tænia being always passed and quite dead. In only one case was the head wanting. He orders the milk and the pulp of one cocoanut to be taken early in the morning fasting, no purgative or confinement to the house being required. A correspondent of the *Times*, of India, writes that the cocoanut has been used as a vermifuge in India for probably forty generations by the beef-eaters of the country, and is so well known there as a means of expelling the flat worm, that he cannot conceive how information of the fact has not reached England before. When properly prepared and intelligently administered, so says the writer, the cocoanut is equally efficacious with male fern oil, kousso, pomegranate root, or turpentine, while it is as pleasant to the palate as they are offensive.

✤ ✤ ✤

Naphthalin occurs in colourless, resplendent, scale-like crystals of a tar-like odour and pungent taste. It is insoluble in water, sparingly soluble in cold alcohol, readily in hot, or in hot fatty oils. It is used as a local antiseptic, also in typhoid fever and gastro-intestinal catarrh at all ages in two-grain doses in powder. It can be advantageously combined with sugar of milk and ground coffee. Its untoward effects are chiefly skin-eruptions and digestive disturbances.

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Public Health

"Health is the first Wealth."—*Emerson.*

A PLEA FOR LONDON SMOKE.

To the thinking public, says the *Chemist and Druggist*, it is often a matter of surprise that this vast overcrowded and overgrown city of ours should prove so healthy. In spite of the rapid increase of its population, of the great extension of buildings, and of the increased, and increasing, difficulty of subsisting, the mortality continues to steadily decrease. Some will tell you that this is due to the spread of education or to the temperance and vegetarian movements, others that it is owing to the wonderful strides that of late years have been made in the domain of medicine and sanitary science. That these have had considerable influence for good can hardly be denied. How many, however, will tell you that their influence has been small as compared to that exerted by coal smoke. Yet such is evidently the case.

We learn from history that coal, employed as a fuel, was not in common use until the time of Charles I. (1625). Although the Great Plague of London occurred shortly afterwards, in 1664-5, which carried off upwards of 100,000 persons, it is singular that we have had no similar visitation since that date. As the consumption of soft coal has increased, so in proportion has our rate of mortality diminished. It is exceedingly probable that this long immunity from widespread pestilence is in great measure due to this factor.

People are continually speaking of London smoke as a nuisance, and are habitually talking of and urging upon Government the necessity of adopting measures wherewith to put a stop to it. It may of course be taken for granted that this smoke, by its very volume, is capable of incommoding a few erratic individuals, and that it is also conducive to those "beautiful" thick autumn and winter fogs which at times envelop the Metropolis; also that trees and other verdure are more or less blighted, and the clothes, hands, and faces of persons living in its midst are rendered dirty by contact with particles of unburnt carbon. What, however, are a few trivial drawbacks such as these compared to the general gain in healthfulness of the population?

Few people, until they come to think over the matter and to realize the importance of the subject, can adequately understand the pronounced good effect on the general health of the community exercised by the constant presence of coal smoke in the air we breathe.

Both coal and wood abound in disinfectant substances, which in great measure are given off as vapours when these inflammable substances are consumed in the ordinary way. Tar, creosote, carbolic acid, volatile sulphurous compounds, pyroligneous acid, &c., are all manufactured commercially or given off as by-products when coal or wood are burnt or subjected to distillation. Every one knows the value of creosote and tar in the form of wood or peat smoke as a means of preserving ham, bacon, fish, and other provisions. The use of the same chemical agents in preserving timber, cordage, fishing nets, &c., is equally familiar, nor need the employment of carbolic acid and sulphur vapour as household disinfectants be dwelt upon.

The daily consumption of soft coal in London must be literally enormous. The colossal volume of smoke thus liberated is carried into and blended with the atmosphere on a scale so gigantic that it is difficult to realize its

significance. Were our city bereft of it the effects of such a deprivation can hardly be conceived. All day long millions of chimneys are pouring forth their aerial produce and mixing with the surrounding air what in the aggregate must amount to hundreds (perhaps thousands) of tons of disinfectants. Thus by means of coal smoke the air of London becomes daily purified, and milliards of germs are either destroyed or their virulence counteracted. If epidemics are not altogether prevented, they are at all events rendered less fatal and their severity moderated. This wholesale disinfection of the Metropolis goes on without any additional expense on our part. Each inhabitant contributing his quota by the coal he uses.

London then may, so to speak, be likened to a huge bacon-curing factory in which living human beings are substituted for inanimate porkers. Although we require the aid of some practical Yankee to exploit this particular idea and turn it to good account, there can be no question that the smoke of soft coal exerts a remarkable preservative effect on the 5,000,000 odd inhabitants of this great city. Any systematic attempts on our part, if at all successful, to abate the so-called smoke nuisance would undoubtedly be calculated to engender disastrous results.

WEATHER AND CONTAGION.

The epidemic of diphtheria, says the American *Sanitary News*, now about abated at Hinsdale, was so widespread and menacing that many of the citizens of the suburb removed to Chicago. It seems a little difficult to locate the cause of the epidemic, as the general sanitary condition of the town is reported good. The opinion is generally expressed that the open winter caused the unprecedented prevalence of the disease and its high death-rate. Fred. Van Inwagen, a Hinsdale resident, says the following regarding the epidemic :—

"With one or two exceptions, the deaths occurred in houses which were not habitable. Hinsdale has good water and natural drainage. Two of the deaths were caused by an excavation under a house which was undergoing repairs. I have carefully investigated all the cases which resulted fatally, and have found that without exception the proper precautions were not taken. A relative of mine came to her death from standing over her sick mother thirty-six hours without taking nourishment of any kind. Two cases were caused by exposure during inclement weather. There have been no deaths in carefully constructed houses, and I am certain that no fault can be found against the drainage system and water-supply of Hinsdale."

Similar epidemics are reported from many locations, and different causes are named as being responsible for them. We also note that in the report of scarlet and typhoid fevers, and other contagious diseases, the condition of the weather is frequently mentioned as the principal cause of the epidemic. In many of these cases those reporting the sickness and defining the cause fail to suggest any reason why neighbouring communities in which the very same conditions of weather prevail are free from the prevalence of the diseases reported.

Superstitions have always prevailed regarding the relation of the state of the weather to health, and to many other interests related to the fortunes of man. It is very probable that these superstitions, like many others, have followed down the generations and yet exert some influence, however unconscious we may be of any trace of their existence. If, however, a close investigation were made, it would probably be found that the weather has not so much to do with these epidemics as do the local conditions which may only await certain states of the weather for the development of the virulence from which diseases result. Frost may prevent the decay of matter from which poisons emanate in milder weather. Poison vapours may be solidified and harmless until warmth liberates them and supplies the conditions under which they cause disease. Dampness may, under a certain condition of things, be instrumental in producing results favourable to the production of disease. The state of the weather will be found often, in its relation to health, to depend on conditions that are removable to a sufficient extent to make disease avoidable.

It will be observed that in the report from Hinsdale the bad construction of houses is mentioned, and it is altogether possible that other conditions could be found which needed only an "open winter" to make their existence pernicious and detrimental to health. There is need for some agency that will render all conditions naturally existing, or existing by negligence, harmless of the kind of weather. The more carefully should this agency be employed when the state of the weather is known to be such as to demand the most strict sanitary precautions. While health officers cannot regulate the weather, it is their business to preserve such sanitary conditions that the most unfavourable and unreasonable weather will produce the least possible harm. They cannot reckon on seasonable weather at all times, and should be prepared for the worst. It is not sufficient to state that, under certain states of the weather, this or that town or community would be free from epidemics; but the point of interest is the maintenance of such conditions as will promote health in all seasons. If sanitary knowledge and the science of preventive medicine are to be upset at every whim of the seasons, and the idle winds are to coquet with health, there is something wrong somewhere, and our boasted progress in this direction must be an illusion. It should not become popular to ascribe the cause of sickness to the weather, for an excuse of that nature would be too convenient.

Paper for Buildings.—The use of paper fabric for building purposes—by the term paper being meant, broadly, a flexible sheet made of vegetable or other fibre which has been reduced to pulp, and then pressed out and spread and dried—is now advocated by some builders on the following grounds:—First, continuity of surface; that is, it can be made in rolls of almost any width and length, is flexible, or, by gluing several layers together, may be made stiff, and will stop the passage of air because there are no joints. Second, it has no grain, like wood, and will not split. Third, it is not affected by change of temperature, and, therefore, has an advantage over sheet-metal as roofing material. Fourth, whereas, in its natural condition, it is affected by moisture, it may be rendered waterproof by saturating with asphalt, or by a variety of other methods. Fifth, it is a non-resonant, and well fitted to prevent the passage of sound. Sixth, it is a non-conductor of heat, and can be made also of incombustible material like asbestos, or rendered fire-resisting by chemical treatment. The combination of paper with other substances, and solidifying the mass by pressure, renders practicable the production of a material capable of replacing wood for many purposes, and not the least among its characteristics of adaptability is the ease with which it may be made into sheets of any width and thickness, that it will not warp or shrink from heat, cold, or dampness.

Popular Science Papers

"Blessings on Science! When the Earth seemed old,
When Faith grew doting, and our reason cold,
'Twas she discovered that the world was young,
And taught a language to its lisping tongue."

—*Charles Mackay.*

THE SHADY SIDE OF BRAIN WORK.

PAPERS ON DREAMS, MESMERISM, AND ALLIED TOPICS, BY VARIOUS WRITERS.

THE OPEN GATE OF DREAMLAND.

By W. A. Croffut.

THIRD PAPER.

This brings us to the question much mooted of late, whether crime can be committed by the aid of mesmerism. If so, it is brought into relations, not only with medicine, but with jurisprudence—not only with the pharmacopœia but the penitentiary. It is obvious that, if cases of this kind occur, the one to whom punishment must be dealt out is the mesmerist.

I have no doubt that crimes of a certain sort can be thus committed. It is obvious that sexual offences could easily take place without the acquiescence or conscious concurrence of the responsive; and it is alleged that aggressions of this kind have attracted the attention of the authorities in France. Crimes against life and property by the agency of the responsives, being more complicated, would be more difficult and proportionately less frequent. Deep interest has been challenged by the allegation that a young girl in Paris, whose lover had become tired of her, was mesmerized by him and sent twenty-five miles away on the cars, and there, influenced by his previously communicated suggestion, induced to commit suicide with a pistol. If such a power exists it is indeed not only startling, but greatly alarming. The question is, does it exist? Did it exist and operate in this instance, or did the suicide result from some other prompting; for instance, the knowledge of the girl that her lover wished that she was dead.

It would be easy to mesmerize a lady and send her into a cage of lions with their trainer, as was done in Paris, but, as the lions would not be mesmerized, and would therefore seem liable to attack her, it would be a cruel and dangerous thing to do.

As to the young lady's suicide under such prompting, I doubt it. The act implies a coherence of thought and continuity of motive that mesmerized sensations do not seem to possess. I could probably induce any one of my responsives to take his life in my presence, or to assault anybody within reach, but the mind wanders curiously in this strange condition, and generally takes little cognizance of surrounding objects. I have used the word "probably" in this sentence because the conduct of mesmerized persons cannot be positively predicted. The mental impression may not, in a given case, be sufficiently vivid and dominating to induce action, or the intention may be counteracted by the trained moral sense asserting itself and overbalancing the confused hypnotic tendency.

I have had a notary public administer an oath to some of the ladies and gentlemen whom I mesmerized, and they committed perjury without hesitation. I have had some of them assault imaginary persons in the street and set fire to imaginary dwellings. But if I had sent them to commit a real assault or real arson, the chances are that both would have been unsuccessful attempts.

One evening I told one of my most alert responsives to go and rob the house immediately adjoining mine—opening, indeed, upon the same lawn. I told him it was daylight and all the people were away; that the door was unlocked and a great pile of gold lay in the middle of the second floor front; and I described the hall and stairway. He entered with apparent zest into the scheme, and taking an imaginary bag which I handed him, started to commit the crime. But, though his eyes were open, he walked straight against the wall of the drawing-room without seeing it. I gave him new direction and he walked into the bay-window, and would have walked through it had I not stopped him. I led him to the door, where he went out and fell down the steps. He did not find the next house at all.

He saw nothing but his ideal realm—the world o transient hallucinations in which he dwelt. A mesmerized person cannot usually see even a chair to sit in unless his attention is especially called to it. He sees nobody and nothing but the mesmerist and the other mesmerized persons with whom he is *en rapport*. He is in a state of somnambulistic coma, and his fancies are insane delusions bearing no relation to the actual things around. Mesmerized sensitives are bewildered and helpless when away from the mesmerizer, and I have seldom seen one who was sufficiently self-controlled to go even one hundred feet away from me and do anything that he was told to do.

One evening at a reception, a curious thing happened. I transported a young man and two ladies to Paris on the magic carpet, and left them enjoying and commenting on the pictures in the Louvre while I turned aside to superintend a personation of the President by another. When I returned to the tourists they had absolutely forgotten me, and I could not in any way make my presence known to them. They did not see my face or hear my voice, but continued their absorbed enjoyment of the great art galleries. I was compelled to unmesmerize them and start again from the beginning.

This same young man proved an expert penman. I filled out a cheque on the Lincoln Bank of New York city with the sum of 100,000 dols., and then, producing a genuine signature of Cornelius Vanderbilt, I induced him to imitate it with great accuracy in a signature at the bottom of the cheque, my arrangement with him being that he should have one-half of it when collected. I suggested that I would collect it and then rejoin him; but he was too shrewd and suspicious for that, and insisted on accompanying me to the imaginary bank, informing me, with more than the unction of Sairey Gamp, that he would "knock my head off" if I did not "divvy square." I do not see why a depredating mesmerist might not thus make use of an innocent accessory to complete a felony.

At another reception I was more successful in the matter of burglary. I made private arrangements beforehand with a neighbour half a block off, who concealed a plethoric pocket-book in a bureau drawer upstairs, then locked the bureau, the room, and the house, and brought me the three keys. When I had mesmerized my agent I told him he was the famous robber, Dick Turpin, and that I had a job for him. I called his attention to the fact that he was on the earth and must look out where he stepped. I told him where the house was, and described it minutely. I made a diagram of the interior, of the stairs, the room, and the bureau, gave him the keys, and introduced to him a "pal" who would keep watch. He asked if there were any dogs. I reassured him on this point, gave him an imaginary

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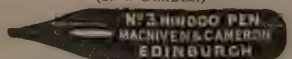

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revolver, and started him off. I requested some gentlemen to follow him, to see that no harm befell him, among whom were General Greely, Senator Kenna, and W. E. Curtis, the well-known journalist.

He went to the house, skirmished slyly about it, and finally unlocked the door, groped his way up the front stairs, unlocked the room and the bureau and got the wallet. Then he began to exceed his instructions by plundering the house. His accomplice argued the matter with him, and finally induced him to desist from his purpose and start to return. But, when once on the street, he resolved to run away and enjoy the whole of the booty himself. "What's the use going back to divide?" he petulantly asked. Only after another argument and some show of force was he got back to my house. He came in noiselessly, but with triumphant air, and demanded three-quarters of the spoil, which I gave him on the spot—at least, to his satisfaction. He left the bureau open, but locked the doors on leaving. On being restored to himself, he knew nothing of his adventure.

So it seems obvious to me that burglaries at a little distance can be committed under the most favourable circumstances by the employment of an innocent agent, who is quite unconscious of any violation of law or of equity. There are strict limitations to this power of vicarious crime, but the possibility that it may occur should be enough to excite the solicitude of neurologists on the one hand, and the attention of jurists on the other.

One of Charcot's disciples in France, Dr. Luys, has experimented with medicines with hypnotic patients, and has caused much excitement by his proclamation that medicines would operate without being administered at all. He declares that a cork vial of laudanum laid upon a patient's neck induced sleep, although the patient did not know what it was; that a vial of valerian, similarly brought in contact with the person, was followed by deep dejection; that hasheesh caused hilarity and buoyancy, &c. I have repeated these experiments, but do not obtain any of the alleged results. If the responsive does not know what is said to be in the vial, no result whatever follows; and if he knows or believes some particular medicine to be in the vial, and knows the effects which follow the use of that medicine, he will have those external symptoms, whether that medicine be actually there or not. Hypnotic hallucinations are the result of an all-absorbing expectation. If the responsive thinks he is drinking too much whisky, he will become helplessly inebriated; if he thinks he is at sea in a storm, he will be afflicted with violent nausea, enough to convince any sceptic of the genuineness of the emotion; if he thinks he has swallowed laudanum, he will fall into a sleep. How far this delusion will go in physical repairing or imparing, I do not know; but I should not like to give a gum drop to the most sensitive of mesmerized ladies and afterwards tell her that she had swallowed strychnine.

Nine-tenths of the readers of this article will say, "Nobody can mesmerize me!" This is the innocent and foolish prattle of a child in presence of an unknown force. Only experiment can demonstrate whether a particular person can be easily mesmerized or not. If he can be, it implies no weakness of nerves or of brain, no mental or physical inferiority of any sort. If he cannot be, it does not prove strength of intellect or even of will, or the possession of any superior qualities of mind or body.

"How do you know these persons are not deceiving you?" is a question often asked. They might deceive me for a few minutes or an hour, but not for months. In the first place, they are not persons who would indulge in such folly. In their normal condition they are quite incapable of the long and elaborate speeches and earnest dramatic performances which they give. They are thrown into cataleptic rigidity, whose genuineness is attested by physicians. While insensitive, they are subjected to great pain, which they could not bear in their normal state. They can be made to laugh immoderately or weep at will.

I have seen a young man, while making a speech, deliberately and deeply seared down the hand with a white-hot iron, quite unexpectedly to himself, and he showed no sign of being conscious of it. I have seen a mesmerized man, driven to despair by the suggestions of the operator (Dr. George M. Beard), seize a revolver, which he could not have known was unloaded, utter a frantic prayer, aim the weapon at his heart and fire, dropping to the floor an inert mass. He recovered after a while, but it was a perilous experiment. In a hundred ways I know I am not deceived, and that these phenomena are genuine and all significant.

That they have been so long treated with supercilious derision by the learned, surrendered to travelling showmen and exploiting laymen, neglected even when not rejected, and left to make their way, like the truths of all revelations, by "the mouths of babes and sucklings," is the irony of science and the reproach even of that variegated empiricism which calls itself "the medical profession."

It will be observed that in this paper no attempt has been made to explain the phenomena described. There is a wide domain of psychological life of which we are vaguely cognizant, whose remote frontiers have only just been reached by scientific research. Its soil cannot be analyzed by chemists, or its products weighed with grocer's scales, or its area measured with compass and chain; and if we are ever to know more of the great mysteries which lie within its strange precincts, it must be by means of an earnest and thorough exploration with new methods by scientific men, and a careful collation of observed facts. It is in this spirit and with this hope that I present this chronicle.—*North American Review.*

THE best way to clean hair-brushes is with spirit of ammonia, as its effect is immediate. No rubbing is required, and cold water can be used as successfully as warm. Take a teaspoonful of ammonia to a quart of water, dip the hair part of the brush without wetting the ivory, and in a moment the grease is removed; then rinse in cold water, shake well, and dry in the air but not in the sun. Soda and soap soften the bristles, and invariably turn ivory yellow.

J. BURNS GIBSON, ESQ., M.A., M.D., writes to SPRATT'S PATENT Limited:—"5, Greenhill Villas, Harlesden, London, November 27th, 1888.—I have had ample and many opportunities of testing the value for bodily health and vigour of your Whole Meal Biscuits. For children, I find an almost perfect farinaceous food, containing all the elements of bone, brain, and muscle nourishment. They may be sometimes steeped and soaked with advantage in milk or water; but, eaten as they are sold, they have a very special utility, as teaching and encouraging that most indispensable habit of patient and perfect mastication and insalivation. To adults of constipated habit of body, their use is beyond doubt. This has been proved in my experience. In overcoming the evil habit of 'bolting' food, so common a cause of dyspepsia amongst busy city men and others, they furnish the material of an adequate discipline; while, used by ladies and people of sedentary habits,—say, two or three daily,—I find they obviate the need to have recourse to 'physic.'"—Of all dealers, per tin about 7 lbs., 2s. 9d.; per tin about 14 lbs., 5s. 3d.; or of SPRATT'S PATENT Limited, London, S.E.—[ADVT.]

Jottings from the Journals

"Th' ingredients of health and long life are
Great temperance, open air,
Easy labour, little care."—*Sir Philip Sydney.*

Depopulation of Rural Districts.—The paper which Dr. Ogle read on Wednesday last before the Statistical Society upon the Depopulation of Rural Districts throws light upon one of the most serious questions affecting the well-being of the community. The tendency of the population to collect in large towns and densely inhabited districts is one which cannot be regarded with equanimity by any well-wisher of his kind. Much has no doubt been done in recent years by sanitary improvements to ameliorate the condition of the dwellers in towns, and much more still remains to be done. But when the utmost that it is possible to expect from this source is allowed for, it still remains clear that there are great advantages from a sanitary point of view in the open-air life of the country side. The natural activities and wholesome surroundings of the hill side and the meadow can never be replaced by any amenities which it is possible to introduce into the region of streets and squares. It is in rural parts that the most robust section of the population must be produced and nurtured, and hence anything approaching to a depopulation of rural districts would be as great a calamity as could overtake the country. Dr. Ogle denies the fact of depopulation, and disputes the aptitude of that term to express the general result of the movement of population as traced in the returns prepared in the General Register Office. By a careful and minute analysis he comes to the conclusion that in the thirty years between 1851 and 1881 the rural population had diminished, if at all, by not more than 1 per cent., and that this utmost limit was well within the necessary allowance for error in the materials from which the returns have to be prepared. This is so far satisfactory that it serves to show, when consideration is had of the improvements which have been made in agricultural machinery during that period, that farming was probably as well and as thoroughly done at the later date as at the earlier. Of course there is not the same scope for increase of the agricultural as of the urban population. When once the land is fully farmed, additions to the number of persons engaged in tillage can only accompany altered forms of culture or else the impoverishment of the craft. A stationary rural population is therefore by no means a bad symptom *per se*. But it diminishes the proportion of the rural element in the general stock, and this a point well worthy of careful and even anxious consideration. Among the conclusions which Dr. Ogle drew was one to the effect that the necessary result of the continuous migration of the most energetic and vigorous members of the rural communities into the manufacturing districts, and of the higher mortality in these latter, is a gradual deterioration in the physique of the whole population. This, however, was hardly a deduction from any of the figures which he presented; it was rather an inference from general principles, and it is at least open to us to hope that the residual population which remains upon "the land" is not quite so inferior in energy and vigour to that which migrates to the towns as the dictum assumes. Still, in view of the enormous growth of our towns which takes place in fact, and necessarily, at the expense of country districts, it becomes of special and pressing importance that the disgrace of insanitary dwellings and squalid neighbourhoods should be blotted out, and air, light, and water, wholesome and abundant, with adequate shelter and needful rest, be brought within the reach of every member of the community.—*Lancet.*

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Deaf-Mutism.—Deaf-mutism is most common in hilly countries, the inhabitants of which are necessarily given to intermarrying with near blood relations. In some parts of Scotland, especially in the islands from which there is limited communication with the mainland, the number of deaf and dumb is said to be large. In the village of Lamlash, in the island of Arran, the number of deaf-mutes is reported as six in a population of about a thousand. Deaf-mutism is more prevalent in certain religious persuasions than in others. It is commonest among Jews on account of their close intermarriage. The proportion is smallest among Catholics, to whom such marriage is forbidden. The number of deaf-mutes in China is very small, as consanguineous marriage is positively forbidden by law. There can be little doubt that consanguinity in marriage is an important factor in producing congenital deaf-mutism. Heredity also plays a great part in the transmission of deaf-mutism. The most remarkable case I have seen was brought to me about five years ago. The boy was five years of age at the time. The following members of the family to which he belonged were deaf and dumb—namely, his father and mother, one paternal and two maternal aunts, his paternal grandmother's two full cousins, as well as her second cousin. Direct transmission of deafness from parents to child is very rare, according to Dr. Hartmann, of Berlin, a leading authority on the subject. He shows that indirect transmission is more frequent, children often inheriting a defective constitution, which must also be supposed to account for the occurrence of congenital deafness in a family without apparent hereditary tendency. Dr. Kramer describes one family in which six sons were born deaf, and five daughters with perfect senses, while the parents were both healthy. Professor Politzer reports that he saw in one family, in which there existed no hereditary disposition, four deaf-mutes out of ten brothers and sisters. Professor Graham Bell, in a report very recently presented to the United States Census Commission, shows that the deaf-mute population is now nearly four times what it was in the year 1850, the total population having only somewhat more than doubled in that period. He traces the transmission of deaf-mutism through four generations. The percentage of intermarriage, he states, has continuously increased, till now not less than 90 per cent. of all deaf-mutes who marry take partners who are themselves deaf and dumb. At the date of the last census (1880) he finds that one person in every 1,480 of the general population was deaf and dumb, and one in every sixty-four of the deaf-mute population was a child of deaf-mute parents. One person in every 2,756 of the general population was deaf from birth, and one person in every thirty-eight of the congenitally deaf was a child of deaf-mute parents. Professor Bell points out that by the laws of heredity, if these deaf children marry congenitally deaf husbands or wives, an increased proportion of deaf offspring will appear in the next generation. The continuous intermarriage of congenital deaf-mutes from generation to generation will ultimately result, he declares, in the formation of a deaf variety of the human race in America, in which all or most of the children will be born deaf.—*Dr. Erskine, in the "Provincial Medical Journal."*

Care of Furniture.—To keep the furniture looking well and in good condition is within the province of all housewives. In these days there is little excuse for a woman allowing her furniture to look dilapidated, for there are so many things that can be used to keep it looking well. There is no necessity for having a broken-backed chair or rickety table, since either can be so easily repaired. It will take so little time to mend a broken chair or table that the hardest-worked housewife can do it and scarcely miss the time so spent. All the tools required for this work are a bottle of liquid glue and some strong cord. Apply the glue with a brush to the broken parts, which should be tied with the cord to keep them together, and put away in a cool place until the glue hardens, which will take about a day. When well hardened, any superfluous glue on the outside of the break should be wiped off, and if the article is much worn a coat of varnish will make it almost as good as new. As old-fashioned furniture, more particularly the table, is in such demand, the fortunate possessor of such an article can, with a little patience and time, make an elegant piece of furniture. If it is of varnished wood, and the surface discoloured, the most successful way of treating it is to first remove the varnish, which can be done by rubbing it over with alcohol until all is removed. Then if the wood from which the article is made is oak, varnish it with copal varnish, and it will be a stylish piece of furniture for any room. Or, if liked better, it may be stained in imitation of any kind of wood. To be sure, it does not need to be of oak to be stained, as with few exceptions all woods can be stained in imitation of the wood desired. As red furniture is so much in vogue, cherry is one of the prettiest stains that can be used. Buy the stain, which is bottled all ready for use, and apply to the wood as directed. When the stain has thoroughly dried in, go over the wood with copal varnish. If instead of the varnish the following oil is used as a finish, the furniture will look much better:—Take linseed oil, and put it into a glazed pipkin with as much alkanet root as it will cover. Let it boil gently and it will become of a strong red colour; when cool it will be fit for use. When applied it should be well rubbed in until a dry polish results. This oil is excellent to keep red furniture in good condition, but more particularly is it applicable to stained wood. It can be bottled for use and applied whenever needed. Ink stains on mahogany or cherry cause much annoyance to the housewife, as they seem to be so difficult to remove. These may be taken out by adding a few drops of nitre to a teaspoonful of water, dipping a feather into the mixture and touching the spots with it. When the stain disappears rub the spot at once with a cloth wet with clear water, then dry and polish. The washing and drying of the spot after the removal of the stain is to prevent a white mark appearing in its place. When white spots appear on mahogany they can be removed by rubbing with alcohol, but do not apply the alcohol to a varnished surface unless you wish the varnish removed. It will take out the spot, but as the alcohol acts as a medium, it will at the same time soften the varnish, so that the least rubbing will take it off. A good furniture-dressing for use in the household is made of one ounce of turpentine and a lump of asphaltum, half the size of an egg; melt in a tin on the fire, slowly, and when cool add varnish until quite thin. Apply to the furniture with a varnish-brush. After cleaning a room, this dressing applied to the furniture will keep it looking as nice as any one could wish.—*The Housewife.*

IMPORTANT ANNOUNCEMENT.

COMMENCEMENT OF A NEW VOLUME ON FRIDAY, APRIL 5th.

BONUSES TO SUBSCRIBERS TO "HEALTH."

HEALTH, as our readers are aware, may be obtained of all Booksellers and Newsagents, and at the Railway Bookstalls, on the day of publication. It may also be ordered from the PUBLISHER, 2, Paternoster-square, London, E.C., who will send the journal, post free, for a year, on receipt of postal orders for 10s. 10d.

As many of our readers who live in remote districts prefer to obtain HEALTH from the Publisher direct, and as we are desirous of increasing the already large number of subscribers who give us a yearly order for the journal, we offer the following FREE GIFTS and BONUSES to all who subscribe to HEALTH for one year or longer:—

(1.) To each Subscriber who remits 10s. 10d. to the Publisher, entitling him (or her) to receive one copy of HEALTH, post free, for one year, we shall present a copy of Dr. Andrew Wilson's work, entitled "A Manual of Health Science" (Longmans & Co.), value 2s. 6d.

(2.) To each subscriber who remits 21s. 8d., entitling him or her to receive two copies of HEALTH weekly, post free, for one year (or one copy for two years), we will present Dr. Richardson's "Ministry of Health" (Chatto & Windus), value 6s. The copies of HEALTH so ordered may be posted to separate addresses.

(3.) To each person who subscribes 32s. 6d., for three copies of HEALTH, post free, weekly, for one year, we will present the volume by Dr. Richardson mentioned above, and also the handsome, illustrated book entitled, "Studies in Life and Sense," by Dr. Andrew Wilson (Chatto & Windus), value 6s.—being a free gift of the total value of 12s.

The bonus last mentioned will also be presented to anyone who succeeds in obtaining three yearly subscribers to HEALTH, and who remits to the Publisher the sum of 32s. 6d., together with the names and addresses of the persons to whom the copies are to be posted each week.

As the literary gifts above-mentioned constitute books containing solid and reliable information regarding health and other matters of popular scientific interest, it will be seen that the above scheme, while intended to increase our already large circulation, also offers distinct advantages to new subscribers who guarantee by their subscriptions a year's support to this journal. All communications regarding subscriptions and other purely business details connected with HEALTH should be addressed directly to the PUBLISHER, 2, Paternoster-square, London, E.C., and *not to the Editor.*

THE DISINFECTING ACTION OF STEAM.—According to some new researches made by Von Esmarch on the action of steam as a disinfectant, it would appear that the effects in relation to the destruction of bacteria depend not so much upon the temperature as upon the degree of saturation of the steam. If there is air with it, the power of destroying organic germs is very much diminished. Thus, in experimenting on the spores of malignant pustule, Von Esmarch found that, while superheated steam which was not in a condition of saturation at a temperature of 120 degs. C. was unable to destroy the spores in half an hour, saturated steam at 100 degs. C. destroyed them in from five to ten minutes.

Our Letter-Box

"Conference [maketh] a ready man."—*Bacon.*

NOTICES TO CORRESPONDENTS.

All Communications for the Editorial Department (including Books for Review, Specimens of Sanitary Appliances, &c.), to be addressed to "THE EDITOR OF HEALTH," 2, PATERNOSTER-SQUARE, LONDON, E.C. *Those intended for the Publishing Office to be sent to* MR. A. P. WATT, THE PUBLISHER, *at the same address.*

RULES FOR CORRESPONDENTS.

OWING to the mass of letters which reaches us each week, we respectfully direct the attention of Correspondents, desiring replies in the LETTER-BOX DEPARTMENT of HEALTH, to the following rules:—

1. All questions are answered free of charge in the columns of HEALTH. A limited space only, is available for the insertion of replies each week.
2. All letters must be legibly addressed to "The Editor of HEALTH, 2, Paternoster-square, London, E.C.," *and to no other address.*
3. Questions to which answers are desired by post, are so replied to solely at the Editor's discretion. If no answer is sent by post, the query will be replied to in the "Letter-Box" columns of HEALTH. A stamped addressed envelope must accompany all queries to which a private reply is desired.
4. Addresses of physicians and surgeons will, as heretofore, be forwarded FREE to Correspondents on their enclosing a stamped addressed envelope for reply.
5. Correspondents are requested to write on one side of the paper only, and to make their inquiries as brief as may be consistent with clearness.
6. From the necessity of sending HEALTH to press early in the week, no Correspondent can be replied to in the "Letter-Box" columns in the same week in which the inquiry is received. Replies crushed out of any issue will be found in the succeeding number.
7. No Post Cards must be used in sending queries. Violation o this rule deprives the sender of the privilege of a reply.

NERVOUS EXHAUSTION.

PULVERMACHER'S World-Famed GALVANIC BELTS for the Cure of NERVOUS EXHAUSTION and DEBILITY, have received testimonials from three Physicians to Her Majesty the Queen, and the leading Physicians of nine London Hospitals, including over Forty Members of the Royal College of Physicians of London.

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LETTERS TO THE EDITOR.

PARIS—A WARNING.

SIR,—Allow me to warn your readers, especially such as may be contemplating a visit to Paris, of the danger arising there from the want of disinfection, isolation, and notification of disease. My wife has been a few weeks at Passy with three young children, one of whom has been seized with roseola, or spurious measles, without any apparent contact with other infected children. Upon the laundress being requested to wash the child's clothes quite apart from the others for fear of infecting them, she promptly replied that *she* was not afraid of infection, for she was now washing for several families who had the measles. They have now to leave the Pension as soon as removal is pronounced to be safe; and a most exorbitant rent has to be paid for a now empty adjoining room, till they can go, with the risk of further spreading the infection. In the mean time a second child has sickened with the disease.—Your obedient servant,

A MEMBER OF THE SANITARY INSTITUTE.

[On the Continent sanitation lags far behind. They do not "manage these things better in France."—ED. HEALTH.]

QUERIES AND ANSWERS.

REPLIES: GENERAL, SANITARY, AND MEDICAL.

[Readers of HEALTH will kindly note that when back numbers of the journal are desired, the letters containing such requests and stamps for the numbers should be addressed to the PUBLISHER of HEALTH, 2, Paternoster-square, London, E.C., and *not to the Editor.*]

REYNARD.—1. Try the injection of a teaspoonful of glycerine slightly diluted with water. If this does not suffice, try the glycerine pure. You can only determine the value of glycerine in your case by experiment. 2. Possibly due to wax in the ears, and of no consequence. 3. You had far better try washing the head with Vinolia Soap and tepid water once a week, and applying Vinolia to the hair roots each morning as a pomade. Sulphur, applied as you describe, can have no effect on your ailment.

ALEXANDRA.—Rest after meals, and take five drops of Pure Terebene on a piece of sugar when flatulence is present. Avoid excess of vegetable foods. If not cured, write again.

A CONSTANT READER.—[Will please use a more distinctive name in future.]—What you mention arises most probably from flatulence. See advice given to "Alexandra" above. If the pain is not bettered thereby, write again.

X. Y. Z.—What you complain of has nothing whatever to do with the past. Simply try a cold or tepid sponge bath each morning, live plainly, and take plenty of out-door exercise. For the relief of the symptoms last-named, avoid excess of animal food, drink freely of Pitkeathly Water, and take after your meals fifteen drops of Fer Bravais, in water, thrice daily.

C. E. J. HAWKINS.—We have no confidence in any such remedy. The only true means for increasing or decreasing weight are those by diet—not by drugs. Read the articles in HEALTH (to be had of the Publisher), "How to Get Thin or Fat"; and also the article on "A New Fat Cure," published recently in our pages.

W. R—D.—See that the patient takes as much rest as possible, and avoids all fatigue. Let the food be plain and nourishing; and when the symptoms are troublesome give twenty grains of bromide of potash in a wineglass of water. The symptoms you name will tend to pass away naturally.

CARLSBAD.—There is no necessity for you to think of a permanent residence abroad. Try North Berwick, Haddingtonshire, N.B. (go to the Marine Hotel there) for a month, in July or August, and golf every day. This will make a new man of you. Take no beer; but at dinner try a little good whisky, diluted with plain Pitkeathly Water (see advt. in our pages), and when you are threatened with any of your old symptoms, drink the Pitkeathly Water with Lithia. Send us stamped addressed envelope, and we will recommend you a pure spirit suited for such cases as yours. If we can be of further service let us know. Avoid much flesh food, and take plenty of farinaceous foods and vegetables.

WHARTON LIDDALL.—1. Read the pamphlet, "A Lecture to Young Men" (post free, for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and follow out the directions it contains regarding diet and the use of Cascara as a preventive and cure of constipation. Your symptoms are solely due to your constipation. Take whole-meal bread, avoid tea and coffee, and use Grant's Oat Flour to breakfast. Dahl's Cakes will also be found useful, and these, with a vegetable diet, in great part, should cure you. If, after your constipation is cured, you feel the need of any tonic, follow the directions of the pamphlet in this respect. 2. About once a week or so is often enough.

SANITARY.—We cannot advise you on such a topic, and we cannot see any need for your question. You cannot surely be sensitive over any such natural occurrence.

LEEDS CLARENDON.—Perhaps your total abstinence is too rigid a regimen for you. Try a glass or two of good claret, or a little stout at dinner daily, and take a teaspoonful of Inman's Syrup of Hypophosphites (advertised in our pages) after your meals, thrice daily, in a wineglass of water. These measures may relieve your symptoms. If not, write again.

E. S. A. — Consult Mr. Pulvermacher, 194, Regent-street, London, W., and take his opinion regarding the remedy best suited for your case.

A. G. G.—Read the pamphlet, "A Lecture to Young Men" (post free for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and follow out the advice it gives.

MAY T.—Give up the tonic for a time, and take twenty or thirty drops of the Cascara Cordial, or two Cascara Tabloids, twice daily, between your meals. Eat whole-meal bread, stewed fruits and vegetables, and avoid tea and coffee. Substitute for tea, morning and night, Scott's Midlothian Oat Flour.

G. E. P.—Superfluous hairs can only be satisfactorily (and painlessly) removed by electricity. Send 4½d. in stamps to the Publisher of HEALTH, and obtain a copy of No. 149 of this journal, and read the article therein given on this method of removing hairs. We can send you address of a specialist who removes hairs in this way on receipt of stamped addressed envelope.

AXIS.—Inhale, at bedtime, the vapour of a pint of hot water to which a little "Sanitas" Fluid has been added. After your meals, take a dessertspoonful of Scott's Cod Oil Emulsion with Hypophosphites, thrice daily, as a general strengthening measure. Cold sponging to the chest will also be found useful each morning.

ESSIE.—For the itching, try the following lotion:—Bicarbonate of soda, one drachm; glycerine, an ounce and a half. Mix. Apply the lotion after washing. If this lotion does not cure the ailment, substitute for it the following:—Pulv. calamin. ver. two drachms; pulv. oxid. zinc, one drachm; glycerine, half an ounce; aquæ camphor. ad., six ounces. Mix. Label, "For external use only."

OAT.—Apply daily to the piles a lotion consisting of one part Hazeline and two parts water, and apply also each night the ointment sold by Bayley, 17, Cockspur-street, Pall-mall, S.W. The Pyrmont Tablets should also be given as part of the cure.

ARABELLA N.—To make hair-wash powder, take powdered borax, one pound; camphor, one drachm; oil of bergamot, twenty drops. Mix these ingredients thoroughly.

ELLEN GARBUTT.—You should peruse the article on "Acne and Blackheads" published in No. 199 of this journal, and follow out the treatment given in that paper.

A. ALFORD.—The following is a good cough-mixture:—Chlorodyne, one drachm; ipecacuanha wine, one drachm; syrup of squills, one drachm; glycerine, to make up two ounces. Label, "A teaspoonful in a little water at intervals."

CHILLY ONE.—Use a chloride of ammonium inhaler. Apply to your druggist or to Messrs. Burroughs, Wellcome & Co., Snow-hill-buildings, London, E.C., for an inhaler and directions regarding its use. Internally, after your meals, take Scott's Pure Cod Oil Emulsion.

CHARLES L.—Read the pamphlet, "A Lecture to Young Men" (post free, 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C), and note what is therein said regarding the treatment of cases like yours.

CECIL GREY.—Wash your head once a week with tepid water and Bayley's Spermaceti Soap (17, Cockspur-street, Pall-mall, London, S.W.), and rub into the hair-roots each morning a little glycerine of borax. Avoid all hard brushes and small combs.

MARX.—You must be properly fitted with spectacles, as a proper fit serves to cure such irregularities. Write to, or call upon, Mr. Browning, 63, Strand, London, W.C., and 15, Kensington-crescent, W., and take his advice regarding the glasses adapted for your cure.

A. PRIEST.—No drug alone can ever cure constipation. Try Cascara Cordial in twenty-drop doses, taken in water, once or twice daily, between meals, and follow up this remedy, and render its effects permanent by the use of a diet largely vegetable in its nature, such as Scott's Oat Flour, stewed fruits, prunes and apples, ordinary vegetables, &c. Eat Dahl's Cakes also as part of the treatment.

ELGIN.—Simply live plainly, and continue the cold sponging each morning, and take occasionally a wineglass of Vin Mariani (Roberts & Co., 76, New Bond-street, London, W.), as a suitable tonic, after meals.

SOLDAT.—Do you mean the person of that name who distributes quack pamphlets in the London streets? If so, he is a quack.

G. HASTIE.—The dose of antipyrin varies from five to ten grains. The tabloids (five grains each) of Messrs. Burroughs, Wellcome & Co., Snow-hill-buildings, London, E.C., are the most convenient form for administering antipyrin.

E. R. R.—Use, thrice daily, an injection made by adding a teaspoonful of Condy's Fluid or Wesley's Disinfectant to a tumblerful of tepid water. Take a dose of Lamplough's Pyretic Saline in the morning occasionally.

BUNTER'S NERVINE

Cures TOOTHACHE Instantly.

Prevents Decay, Saves Extraction. Sleepless Nights Prevented. Neuralgic Headaches and all Nerve Pains removed.

Dr. ANDREW WILSON, F.R.S.E., &c., writing in *Health*, says: "'BUNTER'S NERVINE' has stood the most severe test. For many years it has been the favourite household Remedy for TOOTHACHE and kindred ailments of NEURALGIC character. It contains nothing of a deleterious nature, and should claim an honoured place in every family medicine chest."

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BUNTER'S DENTINE

IS THE MOST SIMPLE AND PERMANENT STOPPING for DECAYED TEETH.

Any one can easily prepare and place it in the cavity of the Tooth in a soft state, and in a short time it becomes a perfectly hard and white Enamel, forming, as it were, a part of the original substance of the Tooth.

All Chemists, 1/6. *Post Free*, 19 *Stamps, by Proprietor.*

PURILINE Tooth Polish

Will Purify and Beautify the Teeth with a Pearly Whiteness; Polish the Enamel; Destroy Tartar and all Living Germs; and Keep the Mouth in a Delicious Condition of Comfort, Health, Purity, and Fragrance. It is not a Powder or Soft Paste that will scatter over clothing and soil the toilet, but a Dental Paste of stiff consistency, non-gritty, and Absolutely Pure. May be carried in the pocket in any climate of the world, without injury or losing its virtues.

Price 1/- *Sold by Chemists, Perfumers, &c., or sent post free by Proprietor.*

PURILINE Tooth Wash

FOR THE TEETH, GUMS, AND BREATH.

A PURE, PERFECT, AND REFRESHING FLUID DENTIFRICE.

A few drops in water used daily will thoroughly Cleanse, Beautify, and Preserve the Teeth; Polish the Enamel, prevent Tartar, Destroy all living "Animalculæ.' It is Absolutely Pure and Harmless to the Youngest child or most delicate constitution.

Sold by all Chemists, Perfumers, &c., 1/- *per Bottle, or sent post free by Proprietor*

Proprietor: ALFRED WILSON, 422, Clapham-road, London, S.W.

SPERO.—You have only to persevere with the health-hints given you in the pamphlet you read to get quite well. You will make yourself ill if you brood over your fancied troubles. Simply live on plain food, take plenty of open-air exercise, and try a tepid sponge bath each morning. Take no drugs whatever. If you read the pamphlet attentively, you would have seen that what you regard as a result of disease is only a sign of health.

HEAD.—The lump on your head is probably a wen. Go to a surgeon and have it removed. This can be done painlessly and easily.

HAMILTON GOODWIN.—You must first of all cure your constipation by means of diet and Cascara. Follow out the rules therefor given to "Juno" in last week's HEALTH. For the cure of thread-worms, try injections of infusion of quassia; or one made by adding half an ounce of tincture of perchloride of iron to a pint of cold water. Take plenty of salt with your food, and look to the purity of the water you drink. Avoid uncooked vegetables.

ANXIOUS.—How do you know you were infected with the disease you name? It may be mere fancy on your part. Go to a good surgeon and be thoroughly examined by him. No other advice can be of any service in your case.

W. CASHMORE.—Rest after your food regularly; and avoid excess of vegetables, especially potatoes. If flatulence is present, take five drops of Pure Terebene on a piece of sugar after your meals. Avoid constipation; and see advice on this head given to "Juno" in last week's HEALTH.

T. ATKIN. — Any good druggist will supply you with such suppositories, or will order them for you. Try Messrs. Woolley & Son, of your city. The suppositories are now well known to all druggists.

C. T. C.—1. Mr. Harness, of the Medical Battery Company, will give you all information regarding the Zander Institute Machines. 2. Take a surgeon's advice with regard to the matter. 3. No; apply at 52, Oxford-street, London, W.

E. SALMON—For greasiness of the skin, try bathing the face morning and night with light white wine; or use the following lotion:—Sulphate of zinc, two grains; compound tincture of lavender, eight minims; distilled water, one ounce. Apply two or three times daily.

A. O.—The Pitkeathly Water can be used to dilute spirits with good effect; but we advise you to drink it plain, night and morning.

A. R. E.—Your best course is to adopt careful gymnastic exercises adapted to develop your chest, and also to take internally, after food, a dessertspoonful of Scott's Pure Cod Oil Emulsion.

E. BARKER.—The following hair-lotion should be tried:—Quinine sulphate, twenty grains; glycerine, one fl. oz.; cologne, two fl. oz.; bay rum, two fl. oz.; rose water, eleven fl. oz. Rub the quinine with the glycerine, and add the other ingredients in order named. The addition of fluid extract of jaborandi is recommended to stimulate the growth.

N. E.—Avoid constipation by the use of Dahl's Cakes, advertised in our pages. We recommend Mr. Forsyth's Woollen Clothing, as cheap, satisfactory, and of pure quality.

C. P.—Wash the parts regularly with Bayley's Soap and tepid water, and dust on, after washing, a little of the following powder:—Powdered starch, two ounces; oxide of zinc, one ounce; powdered camphor, one drachm. Mix. Label, "The Dusting Powder; for outward use only."

MARTHA. — For earache, try Pavesi's Liniment, which is composed of camphorated chloral, two and a half parts; pure glycerine, sixteen and a half parts; and oil of sweet almonds, ten parts. This is to be well mixed, and preserved in a well-stoppered bottle. The method of using it is as follows:—A pledget of very soft cotton is soaked in the liniment, and then introduced as far as possible into the affected ear, two applications being made daily. Frictions behind the ear with the same liniment are to be made once a day.

CINQUE. — Take the following pill:—Extract of aloes, eighteen grains; sulphate of quinine, twelve grains; pil. hydrargyri, six grains; extract of rhubarb, eighteen grains. Mix, and make into twelve pills; one to be taken daily about midday.

ALBERT S. — A good lotion for blackheads is made by mixing three drachms of sulphur, four drachms of glycerine, and four ounces of rectified spirits. This should be rubbed into the skin at night.

SORTER.—In your case, we advise you to try two Cascara Tabloids or twenty drops Cascara Cordial between meals, once daily, in water. For the rest, try to rest after your meals, and avoid excess of vegetable foods. If your symptoms continue, stop the Cascara and try the following pill:—Extract of Barbadoes aloes, two grains; extract of nux vomica, half a grain; extract of gentian, a grain and a half. Make a pill. One such pill to be taken once a day, half an hour before meals.

A. T.—The only true remedy is that of having the hairs removed by electrical treatment. We can send you address of a specialist in skin diseases who can effect a cure in this way.

G. F. S.—For the thread-worms, try injections of infusion of quassia or of cold tea. Attend to the purity of the water drunk, and to the cleanliness of all vegetables which are eaten. Give plenty of salt with the food. A grey powder given occasionally will assist the cure. Another cure is to use an injection of half an ounce of the tincture of perchloride of iron to a pint of water, as a cure for thread-worms.

A Tonic

Horsford's Acid Phosphate.

A most excellent and agreeable tonic and appetizer. It nourishes and invigorates the tired brain and body, imparts renewed energy and vitality, and enlivens the functions.

DR. JAMES BLACK, L.R.C.S., Primrose-hill, Cockburnspath, Scotland, says:—"As a nerve tonic, I know nothing like it. It gives me great satisfaction."

Dr. THOMAS DAVIDSON, L.R.C.P. & S., Gosforth, Newcastle-on-Tyne, says:—"I find it an excellent tonic in cases of mental anxiety induced by over-study in clergymen and others."

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WHENEVER this Syrup is prescribed the best and purest Preparation should be taken. Made by J. SELLERS, Manufacturing Chemist, 57, Farringdon-road, London, E.C., who will forward either sized Bottle free by post for three extra stamps.

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Without the Borax, for persons to whom its flavour would not be agreeable. 2/6 per Box.

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For making COCA Wine, the dose being 15 to 20 drops to the wineglass; can be taken in any fluid. 3/- per Bottle.

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COCA, in combination with selected Teas; tonic, invigorating, and delicious. 4/- per lb.

These preparations may be obtained of all Chemists and Grocers. An Explanatory and Historical Pamphlet, showing the uses of the COCA LEAF, sent on application to the Sole Proprietors—

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IMPORTANT NOTE.—All Wools sent to be made into Heavy Tweeds, Blankets, Crumbcloths, &c., &c., are made from two-ply yarns. This makes the Cloth finer and wear much longer than when it is done in the ordinary way. Cloth will be returned in One Month from receipt of Wool.

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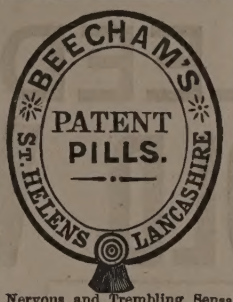

ARE universally admitted to be worth a Guinea a Box for Bilious and Nervous Disorders, such as Wind and Pain in the Stomach, Sick Headache, Giddiness, Fullness and Swelling after Meals, Dizziness and Drowsiness, Cold Chills, Flushings of Heat, Loss of Appetite, Shortness of Breath, Costiveness, Scurvy and Blotches on the Skin, Disturbed Sleep, Frightful Dreams, and all Nervous and Trembling Sensations, &c. The first dose will give relief in twenty minutes.

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